



The Navajo Nation Office of the President and Vice President

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FOR IMMEDIATE RELEASE

November 21, 2019

Nez-Lizer recognize “Navajo Nation Commercial Tobacco-Free Day”

WINDOW ROCK – Navajo Nation President Jonathan Nez and Vice President Myron Lizer issued a proclamation on Thursday, recognizing Nov. 21 as “Navajo Nation Commercial Tobacco-Free Day” in conjunction with the American Cancer Society’s “Great American Smokeout,” to raise awareness of the harmful and deadly effects of commercial tobacco use and second-hand smoke exposure. Commercial tobacco includes cigarettes, e-cigarettes, cigars, and smokeless tobacco.

“Many studies have proven commercial tobacco to be harmful to individuals, communities, and the environment. With this proclamation, we are joining a national movement and taking another step toward promoting healthy living and cancer prevention among the Navajo people,” said President Nez.

“The Great American Smokeout” is an annual intervention event sponsored by the American Cancer Society held on the third Thursday of November, to encourage Americans to quit on that day or to use the day to make a plan to stop.

Approximately 440,000 people across the country die from illnesses related to commercial tobacco use, and more than 16 million Americans live with a commercial tobacco-related disease, such as lung cancer, cardiovascular disease, coronary heart disease, and others.

“Stopping the use of commercial tobacco can bring forth immediate and long-term health benefits. On this day, take the challenge to quit for 24-hours or support someone you know who is struggling to quit,” said Vice President Lizer.

The Nez-Lizer Administration recognizes that many Navajo people consume commercial tobacco products on a daily basis. The purpose of the “Navajo Nation Commercial Tobacco-Free Day” proclamation is to make people re-think their tobacco-use and live stronger and healthier lives.

For resources and support to quit smoking, contact the American Cancer Society at 1-800-227-2345 for free tips and tools.

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THE NAVAJO NATION

Proclamation

RECOGNIZING NAVAJO NATION COMMERCIAL TOBACCO-FREE DAY

WHEREAS, commercial tobacco products, including cigarettes, e-cigarettes, cigars, and smokeless tobacco, are harmful to people, communities, and environment; and

WHEREAS, each year approximately 440,000 people in the United States die from illness related to commercial tobacco use; and

WHEREAS, more than 16 million Americans live with a commercial tobacco-related disease such as lung cancer, cardiovascular disease, coronary heart disease; and

WHEREAS, discontinuing the use of commercial tobacco can bring forth immediate and long-term health benefits; and

WHEREAS, the American Cancer Society hosts the "Great American Smokeout" to raise public awareness and encourage commercial tobacco users to quit using these products on the third Thursday of November; and

WHEREAS, "Navajo Nation Commercial Tobacco Free Day" is observed alongside the "Great American Smokeout" to raise awareness about dangers of commercial tobacco products and exposure to secondhand smoke, while educating current commercial tobacco users about the various resources available to assist them in quitting.

NOW THEREFORE, I, JONATHAN NEZ, President of the Navajo Nation and **I, MYRON LIZER**, Vice President of the Navajo Nation do hereby proclaim November 21, 2019 as Navajo Nation Tobacco-Free Day.

ORDERED THIS 21ST DAY OF NOVEMBER, 2019

A handwritten signature in black ink, appearing to read "Jonathan Nez".

Jonathan Nez, *President*
THE NAVAJO NATION

A handwritten signature in black ink, appearing to read "Myron Lizer".

Myron Lizer, *Vice President*
THE NAVAJO NATION